

Newcastle post-COVID syndrome Follow Up Screening Questionnaire

To be carried out 10-12 weeks after the acute illness

The purpose of the questionnaire is to identify patients who may benefit from a comprehensive face to face multi-disciplinary assessment. It is designed to be used remotely and is equally applicable for patients who were either hospital inpatients or managed in the community during the acute phase of their illness. Most patients who experienced severe symptoms during the acute phase will have residual problems such as fatigue, breathlessness, and poor sleep quality for several weeks. For the majority, these symptoms will resolve, albeit slowly. Unless there are very unusual features, the most appropriate course of action early in the post-acute phase may be advice on graduated physical rehabilitation and the passage of time. A small proportion of patients however will go on to have symptoms that persist beyond 12 weeks, a condition commonly known as 'Long COVID'. Such individuals require more detailed investigation and are likely to need more intensive and specialist support.

This questionnaire is designed to screen for the issues that might prompt concern if still present 10-12 weeks after the acute illness. To facilitate application to a potentially large cohort the questions are limited and therefore may not necessarily be comprehensive. If other issues are identified (that are not obviously related to a pre-existing condition which may prompt an alternative route of referral) with a plausible and temporal relationship to the COVID illness, referral may still be considered. The full complexity of the post-COVID state and post-COVID syndrome is yet to be fully understood.

Section 1 (to be completed pre call)

Name.....

NHS number

Date of Positive Swab.....

Date of Onset of symptoms.....

Date of Discharge (for hospital admissions)

Date of call _____

Person phoning _____ Role _____

Level of respiratory support during acute illness:

- ITU
- Intubated ITU
- Not intubated
- Enhanced Respiratory support (e.g. CPAP)
- Supplemental oxygen
- Managed in the community

Section 2

1. Have you made a full recovery or are you still troubled by symptoms?

- Symptoms
- Full Recovery

2. Are you more breathless now than you were before your COVID illness?

- a. Is this more than you would have expected by now?
OR
- b. Do you think you are on your way back to full fitness?

3. Do you feel fatigued (worn out/lacking energy or zest) compared with how you were before your COVID illness?

- a. Is this more than you would have expected by now?
OR
- b. Do you think you are well on your way back to full fitness?

4. Do you have a cough (different from any cough you may have had before COVID19)?

- Yes
- No

5. Do you get any palpitations? (sense that you can feel your heart pounding or racing)

- Yes
- No

6. How is your physical strength? Do you feel so weak that it still limiting what you can do (more than you were pre your COVID illness)?

- Yes
- No

7. Do you have any myalgia ('aching in your muscles')?

- Yes
- No

8. Do you have anosmia ('no sense of smell')?

- Yes
- No

9. Have you lost your sense of taste?

- Yes
- No



10. Is your sleep disturbed (more than it was pre-COVID)?

- Yes
- No

11. Have you had any nightmares or flashbacks?

- Yes
- No

12. On your mood

Is your mood low/do you feel down in the dumps/lacking in motivation/no pleasure in anything?

- Yes
- No

12b. Do you find yourself feeling anxious/worrying more than you used to?

- Yes
- No

13. Have you lost weight (> ½ stone, 3 Kg) since your COVID illness?

- Yes
- No

14. Any other symptoms (list)

Decision guide:

